

Getting the kinks out

Sheet metal shop workers help the war fighter, aircraft to do their mission



Mr. Dee Kinard, left, and Mr. Dwayne Bemby load a C-130 engine air scoop that has been repaired.

By Ms. Lanorris Askew
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Fifty years ago, Mr. William “Bill” Shirah picked up a skill that today, is helping “shape” the United States Air Force.

A master sheet metal worker, who over the years, has bent and shaped the metal that wraps around countless Air Force aircraft.

Today he shares his years of experience with the 53 other members of the sheet metal shop, one of the many back shops that make up the Maintenance Directorate’s commodities and industrial products division.

The “Manufacturing Man” as he is fondly called by his fellow crew members, can fashion just about anything out of sheet metal.

“Mr. Shirah is a very skillful employee and a great asset to our shop,” said Mr. Lucion Foreman shop supervisor.

“I am glad to have his kind of expertise.”

Although all of the workers in the sheet metal shop share the title sheet metal mechanic, each has his own special touch that he or she puts into the work.

“I feel that I contribute to the mission of the Air Force by sharing the knowledge and experience that I have in aircraft sheet metal,” said Mr. Shirah. “Whenever someone new comes into the shop, if they are interested in learning from my expertise, I gladly share it.”

An Air Force veteran himself, the 66 year-old mechanic knows how important it is to make sure his work can speak for him.

“Overhauling C-5 aprons is my main job right now, but I guess I can just about do it all,” he said.

The C-5 apron, which holds inspection panels and more importantly, holds the aircraft’s engine, is one of his specialties.

The “Manufacturing Man” may know sheet metal inside and out, but it takes the entire team to make weathered pylons, corroded crew doors and dented cargo ramps and flaps as good as new.

“When we work on a part, we feel that when we send it out of here, we’re helping (the war fighter) and the aircraft to do their mission,” Mr. Foreman said. “Whether it’s defending the country by moving troops and cargo or other-



Ms. Patricia Pickett rivets exterior peripheral seals around an F-15 fuel tank.

wise, our mini-mission is to support the Air Force mission.”

But that “mini-mission” has an impact on every type of aircraft Robins services-and even some it doesn’t service anymore.

According to Mr. Foreman even though the last C-141 left Robins months ago, the sheet metal shop still performs sheet metal repairs on its cargo ramps and flaps.

“We were kind of surprised that we’re still doing the work on the C-141s, but as long as they keep the work coming we will keep doing it,” said the reservist.

Most of the items worked by the sheet metal crew are returned to supply to be used when needed as spares, but that doesn’t make their work any less important.

Mr. Foreman said basic sheet metal skills are the main requirement for the job, but reading blue prints and technical orders and operating a drill press are also needed skills.

“When an item comes in it may be corroded, cracked or who knows what else,” he said. “They tell us what they need, and we try to get it out in an ample amount of time. It comes in handy to be able to read the blueprints and TOs.”

Mr. Ron Lusignan has toiled for three and four weeks at a time making sure his items are ready for work when he’s done.

“I replace all the seals and repair any cracked or broken parts on the C-5 apron,” he said. “It makes me feel like I am helping support the Air Force.”

Mr. Foreman said he



U.S. Air Force photos by Ms. Sue Sapp

Above, Mr. William ‘Bill’ Shirah, a 50-year sheet metal veteran, works on a C-5 apron. Left, Mr. George Wells pulls stock sheet metal for upcoming repairs.



What to know

Fifty-four sheet metal mechanics call Building 255 home. They work sheet metal miracles on parts for the C-5, F-15, C-130, and C-141.

gets a feeling of pride when a job is complete, and he knows the work is

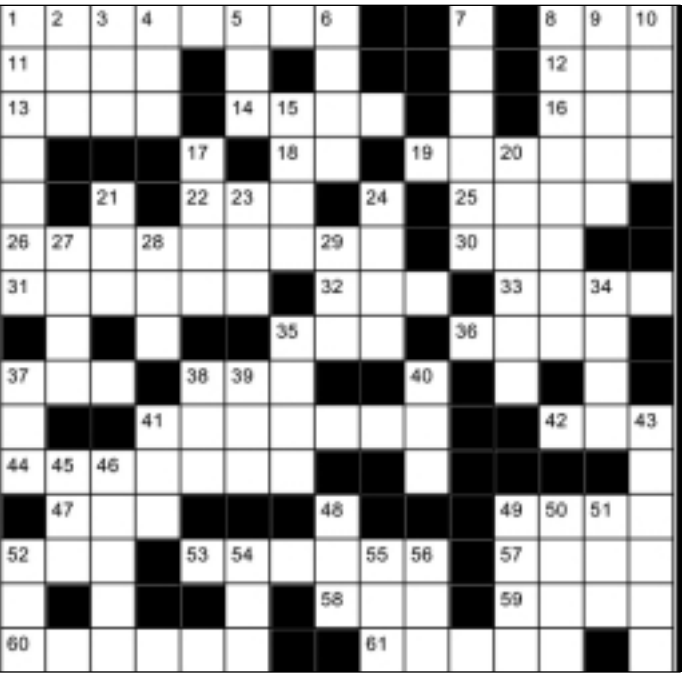
now in the hands of those who protect America.

“It feels good when you

repair an item and then look at the news and see an aircraft that you have

worked on move some cargo or troops into Iraq,” he said.

CROSSWORD PUZZLE



Hometown USAF (Vol. 1)

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

- ACROSS
1. Texas AFB home to 37th TW; aircraft tail marking of LD

8. Hit

11. Church altar

12. Bar drink

13. German for no

14. Road tax?

16. Elevated part of the Earth (abbrev.)

18. Postal abbrev. for state home to 436th AW

19. Automotive maker

22. Former 70-80s band (abbrev.)

25. Dampens

26. South Dakota AFB home to 28th BW; a/c tail marking of EL

30. Lemon drink

31. Japan AB home to 374th AW; a/c tail marking of YJ

32. Head cover

33. Immerses

35. Cat call

36. Late night host

37. Zodiac sign

38. Meaning three

41. Conductor

42. Pod vegetable

44. California AFB home to 412th TW; a/c tail marking of ED

47. Age

49. Actress Laura of Jurassic Park

52. Babylonian measure of length

53. California AFB; home to 60th AMW

57. Snack food

58. Lord of the Rings character

59. Impress letter/design on a book cover

60. Nebraska AFB home to 55 WG; a/c tail marking of OF

61. Texas AFB home to 7th BW; a/c tail marking of DY
- DOWN

1. Virginia AFB home to 1FW; a/c tail marking of FF

2. Mock

3. CBS show

4. Barbie's mate

5. Model Carol

6. Fmr. Kansas senator

7. Japan AB home to 35th FW; a/c tail marking of WW

8. Germany AB home to 86th AW; a/c tail marking of RS

9. Oklahoma AFB home to 97th AMW

10. Actor Sean

15. Smell

17. Former Speaker of the House Gingrich

20. RAF marshal in North Africa (1941-43)

21. Largest member of deer family

23. Military appreciation paperwork (abbrev.)

24. South Carolina AFB home to 20th FW; a/c tail marking of SW

27. Ancient history

28. Roman sun god

29. Article

34. North Carolina AFB home to 23rd FG; a/c tail marking of FT

35. Little lady

37. Virginia Army fort

38. Road material

39. Color in light spectrum between orange and infrared

40. Male offspring

41. Homo sapien

43. Tennessee AFB home to AEDC

45. NBA coach ____ Harris

46. Who's Afraid of Virginia _____

48. Street equivalent (abbrev.)

49. Spots

50. Greek god of love

51. Truck manufacturer

52. Former name for Tokyo

54. Fink

55. State home to 181st FW; aircraft tail marking TH (abbrev.)

56. Pig's pen
- For puzzle solution, see Jan. 16 edition of the Rev-Up
- Puzzle solution for Dec. 19
-
- LEAVE/TRANSFER
- The following people have been approved as participants in the leave transfer program.

Mr. Don Kirby, WR-ALC/MABQF. The point of contact is Ms. Paula T. Patrick at 926-5551.

Ms. Mary Sue Trussell, 78th MSG/DPCEB. The point of contact is Ms. Vickie Lacey at 926-0677.

Ms. Melanie McDonald, WR-ALC/CCX-A. The point of contact is Ms. Linda Shaw at 926-3826.
- Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the Rev-Up, directorates should send information to Angela Trunzo by e-mail at angela.trunzo@robins.af.mil. Submissions run for two weeks.*
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- FAMILY SUPPORT CENTER
- Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel and their eligible family members. The FSC is located on Ninth Street in Building 794. For additional information, or to make a reservation, call 926-1256.
- TAP workshop
- The next three-day Department of Labor sponsored Transition Assistance Program Workshop is Monday through Wednesday, 8:30 a.m. - 4:30 p.m. each day, Smith Community Center Ballroom. Personnel leaving the military within the next six months need to sign up as soon as possible. Spouses are encouraged to attend.

Reservations are taken on first-come, first-serve basis within the appropriate separation or retirement dates.
- Return and reunion survival tips
- The FSC offers support with how-to's and survival tips to negotiate the challenges and stages of reuniting with loved ones Tuesday, 9 - 10 a.m., Building 945, FSC Annex.
- Smooth move
- The next Smooth Move workshop is Wednesday, 8:30 a.m. - noon., in Building 905, Room 159.

This program is designed for Air Force members on the move. It discusses how to get from here to there with the least amount of hassle, frustration, and stress. Representatives from Military Personnel Flight, Transportation Movement Office, Accounting and Finance, the Housing Office, Legal Office, TRICARE, Family Advocacy, Air Force Aid Society will be on hand to provide pertinent moving information and answer questions.
- Applied suicide skills training
- A workshop on Applied Suicide Skills Training will be Wednesday and Thursday, 8:30 a.m. - 4:30 p.m., Base Chapel annex.

This training is for anyone interested in preventing a suicide. You don't have to be a commander, first sergeant, supervisor, etc. (although these people are welcome). You just have to be mature and have a "willing" attitude.
- Resume and cover letter workshop
- Reservations are being accepted for a Resume and Cover Letter Workshop Wednesday, 9 - 11 a.m., Building 945, FSC annex.

This class is designed to help the beginner get started and provide the more advanced participant the opportunity to improve their resume.
- Pre-TAP briefing
- A Pre-TAP briefing will be Jan. 20, 1 - 3 p.m., Building 905, Room 141.

The Transition Assistance program is offering a briefing for personnel and their spouses who are within 1-3 years of separation/retirement. This session is designed to help individuals get a head start on long range retirement/separation planning, benefits and other information.
- Sponsorship training
- The Center's Relocation Assistance Program will offer training for both beginner and experienced sponsors Jan. 20, 2 - 3:30 p.m., Building 945, FSC Annex.

The training provides information on what types of information to send to the PCSing member and where to obtain it; different ways to communicate with the inbound member; and finally sponsors are given vital information regarding his/her responsibilities to the newly assigned member and their family, if applicable.
- Deployed spouses money matters
- The FSC's Family Readiness Program is offering a class, "Money Matters for Deployed Spouses," Jan. 21, 9 - 10 a.m., Building 794, FSC.

Topics to be discussed include, cash-flow control; money management; budgeting; pay entitlements; and how to stay in control of family finances.
- Community tour
- The FSC is sponsoring a Community Tour for all Team Robins members and their eligible family members, Jan. 21, 8:30 a.m. - 1 p.m. Meet at the FSC.
- Salary negotiation class
- There will be a Salary Negotiation class Jan. 22, 8:30 - 11 a.m., Building 905, Room 123.

This session is designed to assist you in an overview of how to determine your worth and know if the salary is negotiable, including how to and when not to factor in benefits packages. Tips are provided to assist in overcoming your discomfort and empower applicants in gaining a better salary.
- Jr. Smooth move
- The Center's Relocation Assistance Program has a workshop for kids of military and DoD civilians on the move. Children ages 6-12 will learn about their new assignment location through the use of games, maps and activities appropriate for their age. The workshop will be held Jan. 22, 4 - 5:30 p.m., in Building 945, FSC Annex.

Space is limited so early registration is required.
- STREAMING VIDEO
-
- ROBINS REPORT
- News from around the base - Watson and Cox Channel 15

Friday - 8 p.m.

Sunday - 1:30 p.m.

Monday - noon
- CHAPEL SERVICES
- Catholic Masses** are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., and on Holy Days of Obligation at noon and 5 p.m. and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15 p.m.

Protestant General Services take place every Sunday at 11 a.m. This
- service includes some traditional and contemporary worship styles in music and in format.

Protestant Inspirational Services take place every Sunday at 8 a.m.

Protestant Contemporary Services take place 11 a.m. each Sunday at the Base Theater. This service is very informal, with a praise team assisting in singing and includes
- both traditional and contemporary styles of music and worship.

Jewish service time is each Friday at 6:15 p.m. at the Macon synagogue.

Islamic Friday Prayer (Jumuah) Fridays at 2 p.m. in the chapel annex Rooms 1 and 2.

The chapel helps with spiritual needs that arise. For further information, call the chapel at 926-2821.
- SERVICES BRIEFS
- Aero Club 926-4867
- The Aero Club is inviting active-duty and retired military, DoD civilian employees and their families who are interested in earning their private pilot's certification to take advantage of the "Start Flying" promotion with introductory flights for \$49 now through April 30. Be A Pilot is a national educational program to help the public become more familiar with general aviation flying for personal and business use.

For more information, call the Aero Club at 926-4867.
- Base Restaurant 926-3031
- The base restaurant renovation is underway. During this period the base restaurant will be offering cafeteria-type meals, fried chicken, deli-bar, salad bar, burger bar and breakfast to order.
- Enlisted Club 926-4515
- There's more in 2004. Tuesdays are chili dog nights with all the toppings free for members, and Fridays are \$1.50 mug night from 9 p.m. to midnight.
- Skills Development Center 926-2105
- Find a coupon in the January Edge for customer appreciation days from Jan. 11 - 17. Receive 20 to 40 percent off at the engraving shop.
- Art demonstrations will be conducted at the Smith Community Center Wednesday, 10 a.m. - 1:30 p.m. Yon Johnson and Allan Carey will be painting and answering questions about skills center classes.
- MOVIE SCHEDULE
- Friday**
7:30 p.m. - Timeline - Paul Walker and Frances O'Connor

In France, a professor, his son and a team of archaeology students are working on the ruins of 14th century castle. A startling discovery is made: They find an old bifocal lens and a letter from the professor. It turns out that the head of the corporation running the dig opened up a wormhole leading to the 14th century. The professor is now trapped in history, and it's up to his students to find a way to get him back. Rated PG-13 (intense battle sequences and brief language) 116 minutes
-
- Saturday**
7:30 p.m. - Tupac: Resurrection - Tupac Shakur

Tupac: Resurrection is the first authorized biopic of the late rapper-actor Tupac Shakur. It includes poetry readings, musical clips, and video from his life, including various interviews, private home movies, and previously unreleased concert footage. Rated R (strong language and images of drugs, violence and sex) 90 minutes
-

SPORTS
BRIEFS

Bowling Center 926-2112

Starting now, work off those extra pounds by bowling three games for \$3 Monday through Friday from 11 a.m. - 1 p.m.

Fitness Center 926-2128

A survival fitness camp will be held today from 11 a.m. - noon. Register at the customer service desk of the fitness center. At the time of registration customers will receive a workout survival kit.

A weight orientation class is scheduled for today from noon - 1 p.m. Experts will demonstrate the proper usage of weights and machines.

Golf Course 926-4103

The 5th Annual Three Club tournament will be held Jan. 17 with a shotgun start at 9 a.m. Cost is \$25 annual green fee members and \$40 guests. The format will include gross and net division winners. Call 926-4103 or sign up in the pro shop.

Information, Tickets and Travel 926-2945

The Macon Trax hockey team is in town and will be playing against Jacksonville today and Lakeland Saturday. Cost is \$6 for upper seats, \$9 for lower seats and \$12 for glass seats. Games are at 7:30 p.m.

NASCAR tickets are on sale at ITT for the Inaugural 200 mile truck race March 13 and the Golden Corral 500 NASCAR Nextel Cup Series race March 14 at the Atlanta Motor Speedway. Cost is \$40 per person for both races.

Youth Center 926-2110

Robins Youth Center Soccer registration begins Jan. 24 - 31. Cost for returning players \$30 and \$55 for new players. Registration is conducted Monday through Friday 3 - 6 p.m. and Saturday 10 a.m. - 6 p.m. For more information call the center.

AF releases new fitness instruction

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – One of the most noticeable changes to the Air Force’s new fitness program is that it will be defined by an operational rather than a medical instruction.

The change shows that senior leaders consider fitness an important part of operational readiness, said Maj. Lisa Schmidt, the Air Force chief of health promotions operations.

“As we support the aerospace expeditionary force and the environments we now deploy to, fitness becomes a readiness issue,” Maj. Schmidt said. “If a person is fit, they are going to be able to tolerate austere environments, the fatigue and the temperature changes.”

The full text of the Air Force’s new fitness instruction is available to the force now, she said. The planned release comes less than five months after the service’s highest ranking officer told airmen there would be changes in the way the Air Force looked at physical fitness.

“The amount of energy we devote to our fitness programs is not consistent with the growing demand of our warrior culture,” wrote Air Force Chief of Staff Gen. John P. Jumper in his July Sight Picture. “It’s time to change that.”

Besides making physical fitness a readiness requirement, the new instruction also puts an emphasis on commander involvement in unit

fitness programs. “If you look at the July Sight Picture, Gen. Jumper says fitness is a commander’s responsibility,” the major said. “This instruction puts more responsibility on the commander, not the medical community.”

Among other things, the instruction requires unit and squadron commanders to implement and maintain a unit physical-training program and to offer the program at least three times a week.

The instruction also details methodology for conducting fitness evaluations. Maj. Schmidt said the instructions for conducting the push-up and crunch portions of the evaluation should be no surprise to airmen. They are the same instructions that have been used at the end of the cycle-ergometry test for the last two years.

“The only change is that the push-ups and crunches will be evaluated for one minute, instead of two minutes,” she said.

The instruction also specifies how to conduct the aerobic portion of the test. Airmen will run on an outdoor course approved by the wing commander. During inclement weather, an indoor running track may be used. Treadmills will not be authorized for fitness evaluations.

The new fitness instruction took effect Jan. 1, and will make obsolete the current fitness and weight-management instructions, Air Force Instruction 40-501 and AFI 40-502.



U.S. Air Force photo by Staff Sgt. Mikal Canfield

MISAWA AIR BASE, Japan – Runners brave temperatures in the low 30s during a ‘Polar Bear Run’ here Jan. 1. The run launched ‘Fit to Fight,’ Pacific Air Forces’ new conditioning program aimed at getting airmen ready for the upcoming Air Force fitness test.

Museum of Aviation Foundation run Saturday

Need a reason to start a calorie burning program for 2004? Want to meet folks, exercise and have fun? The Museum of Aviation Foundation 8th annual Marathon/Half-Marathon 5K Run/Walk will be Saturday. Race registration is 6:30 - 7:30 a.m. The marathon

and half will start at 8 a.m., and the 5K run and walk will start at 8:15 a.m. Opening ceremonies will begin at 7:30 a.m. with the National Guard's 202nd Color Guard Unit providing the colors and the Barbershop Quartet singing the national anthem. Each entrant will

receive a colorful sweatshirt, and refreshments will be provided. Awards will be given and a professional photograph will be taken of each finisher. For more information, call Mr. John Hunter, race director, at 926-6686.

– Staff reports

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HONOR ROLL

Ms. Corine Worthy, WR-ALC/LECR, was selected as the Support Equipment and Vehicle Management Directorate, Category I (GS-03 to GS-09), award winner for the fourth quarter of fiscal 2003.

Mr. Bob Stock, WR-ALC/LEAAA, was selected as the Support Equipment and Vehicle Management Directorate, Category II (GS-11 to GS-13 Non Supervisory), award winner for the fourth quarter of fiscal 2003.

Mr. JR Ard, WR-ALC/LECB, was select- ed as the Support Equipment and Vehicle Management Directorate, Category III (Supervisor), award winner for the fourth quarter of fiscal 2003.

Mr. Anthony Reagan, WR-ALC/LEET, was selected as the Support Equipment and Vehicle Management Directorate, Category V (Contractor), award winner for the fourth quarter of fiscal 2003.

Staff Sgt. Michael Saltzman, WR- ALC/LESG, was selected as the Support Equipment and Vehicle Management Directorate, NCO of the Quarter, for the fourth quarter of fiscal 2003.

Mr. Gregory Swann, sheet metal mechanic in the Composite Repair Section in the Structural Repair Branch, was named the MAN Employee of the Month for November.

Mr. Eddie Rhodes, electroplater supervi- sor in the Process Section Manufacturing Branch, was named the MAN Supervisor of the Month for November.

Capt. Jeff Lancour, chief, C-17/C-141 Contracting Branch, Strategic Airlift Directorate, received the Supervisor of the Quarter Award for July 1 - Sept. 30. (Photo by Bob Taylor)

Mr. Frank M. Valasky Jr., sheet metal mechanic supervisor in the F-15 Wing Section Repair Branch, was named the MAN Supervisor of the Month for December.

Mr. Daniel P. Buchanan, nondestructive tester in the Process Section Manufacturing Branch, was named the MAN Employee of the Month for December.

The Robins Noncommissioned Officer

Academy held graduation ceremonies for Class 04-1 Dec. 11 at the Museum of Aviation, Century of Flight Hangar.

- Tech. Sgt. Christopher R. Alexander, 116th AMXS
- Tech. Sgt. Erik S. Apelskog, 653rd Combat Logistics Support Squadron
- Tech. Sgt. Timothy M. Bernal, 12th Abn Cmd Control Squadron
- Tech. Sgt. Charles E. Brown Jr., 51st Combat Communications Squadron
- Tech. Sgt. Pat Buckroth, 116th MXS
- Tech. Sgt. Christopher O. Cargill, 116th MXS
- Tech. Sgt. Sean P. Carr, 653rd CLSS
- Tech. Sgt. Dennis B. Collier, 116th COMM FLT
- Tech. Sgt. Reginald J. Evans, 116th AMXS
- Tech. Sgt. Chad A. Garrett, 653rd Combat Logistics Support Squadron
- Tech. Sgt. Charles W. Gleason, 78th Security Forces Squadron
- Tech. Sgt. Regina K. Ingram Meier, 53rd Combat Communications Squadron
- Tech. Sgt. Darrin J. Landis, 653rd Combat Logistics Support Squadron
- Ms. Paula S. Macleod, Air Force Personnel Center Foa - Distinguished graduate
- Tech. Sgt. Melissa D. Maldonado, Warner Robins ALC
- Tech. Sgt. John M. Marshall, 116th Logistic Readiness Squadron
- Tech. Sgt. James J. Miller, 52nd Combat Communications Squadron
- Tech. Sgt. Timothy J. Miller, 19th Air Refueling Group
- Tech. Sgt. Mark A. Mitchell, 951st Reserve Support Squadron
- Tech. Sgt. Joseph B. Montano Jr., 93rd Logistic Support Squadron
- Tech. Sgt. Robyn Owens, 54th CBCS
- Tech. Sgt. Michael J. Renshaw, 653rd Combat Logistics Support Squadron
- Tech. Sgt. Stacey M. Rice, 19th MXS
- Tech. Sgt. Paul L. Roby, 653rd Combat Logistics Support Squadron
- Tech. Sgt. James E. Rumer, 367th Req/AFRS/RSM
- Tech. Sgt. Darrell Sherrod, 116th LRS/LGRC
- Tech. Sgt. Donald W. Spanberger, 653rd Combat Logistics Support Squadron
- Tech. Sgt. Troy A. Taylor, 54th Combat Communications Squadron – Distinguished graduate



Courtesy photo

The Propulsion Support Equipment Advisory Group was selected as the Support Equipment and Vehicle Management Directorate, Category IV (Team), award winner for the fourth quar- ter of fiscal 2003. From left to right are: Mr. Gary Watts (WR-ALC/LEEE), Ms. Paula Fleming (WR-ALC/LESBA), and Mr. Eric Jones (WR-ALC/LESBP).



Worthy



Stock



Ard



Reagan



Saltzman



Swann



Rhodes



Lancour



Valasky



Buchanan

Tech. Sgt. Kenneth E. Walker, 116 AMXS/LGAAGA
Tech. Sgt. Michael J. Weidman, 653rd

Combat Logistics Support Squadron
Tech. Sgt. Marcus Wiseman, WR- ALC/MAIEC

armed forces
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Staying on the fitness track

■ FitLinxx keeps Robins on task at Fitness Center

By Ms. Holly J. Logan
holly.logan@robins.af.mil

A computerized program built into the Fitness Center’s exercise machines is helping Robins stay on track with fitness goals.



Since March 2002, FitLinxx, a computerized tracking system that provides personalized exercise programs and continuous feed-back, has helped several people maintain effective exercise programs and stay fit, said Ms. Jackline Baker, recreation assistant for the Fitness Center here.

“Everyone can benefit from it,” she said. “It helps us track everyone’s progress, especially those who are on weight/body fat management programs. It gives them a way to show their commanders what they’re doing to improve their fitness level.”

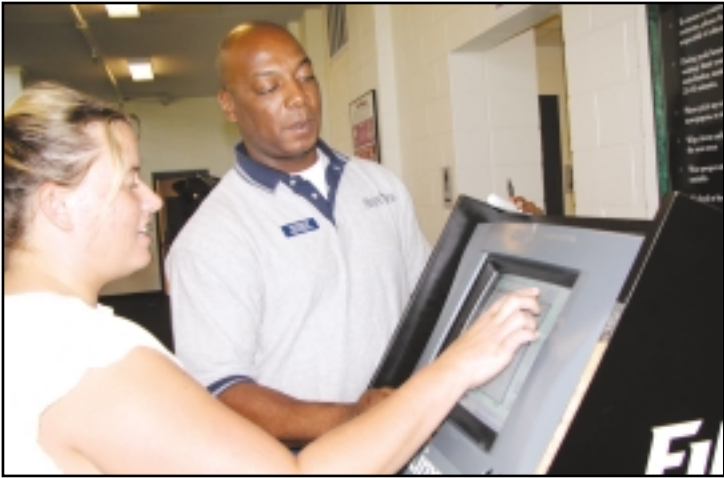
Active duty military members and others eligible to use the facilities must make an appointment with Ms. Baker or another staff member to gather information used to design personalized exercise programs.

“When people come in, we help them set goals and have them fill out questionnaires to assess their medical history and overall health,” Ms. Baker said. “If they have two or more major medical problems, they must have a physician’s clearance.”

Pregnant women should make sure they include related information, as physician clearance is advised before starting an exercise program, Baker said.

Once individuals are cleared and have established a five-digit identification number to access their personal FitLinxx program, they’re ready to start.

The system keeps track of the number of repetitions performed during a workout, memorizes the speed at which the exercise is per-



U.S. Air Force photo by Ms. Sue Sapp

Ms. Cori Dawkins gets help from Fitness Specialist Mr. Grady Martin charting a fitness program at the Fit Linxx kiosk. For more information on FitLinxx, visit www.fitlinxx.com.

FitLinxx

Robins was one of the first two Air Force bases worldwide to use it. The other was Tinker Air Force Base, Okla., which got its first system in September 2000 and added a second one in December. The system is now being used by the following military organizations:

- U.S. Air Force**
 - Pacific Air Forces, MAJCOM-Wide
 - U.S. Air Force Europe, MAJCOM-Wide
 - AFMC - Tinker Air Force Base (4 systems), Robins Air Force Base
 - ACC - Dyess Air Force Base
 - AMC - McChord Air Force Base (2 systems)
- U.S. Army**
 - Fort Carson (5 systems)
 - Fort Sill
- U.S. Navy**
 - Oceana Naval Air Station
 - Dam Neck Fleet Combat Training Center
 - China Lake Naval Air Weapons Station (2 systems)
 - Ventura Naval Station
- Department of Defense**
 - Pentagon Athletic Center
- U.S. government**
 - National Ground Intelligence Center

formed and even informs the user whether or not weight machine seats are in the right position.

Forty-seven-year-old retired Army Sgt. 1st Class Vance Cooper, who has used FitLinxx to improve his strength training during the past year, recommends people use the program.

“It’s more convenient than having to keep up with all the

sets and repetitions myself,” he said. “I mainly use it to gain more power and control in my racket ball game. It’s helping me a lot.”

With more people making fitness a routine, Ms. Baker said she expects the center will gain more FitLinxx equipment, as funding becomes available, to accommodate the increase in number of people.

ROBINS BULLETIN BOARD

Museum art exhibit opening

The Museum of Aviation will feature Georgia artist Marc Stewart in the final art exhibit celebrating the anniversary of the Centennial of Flight. The exhibit, entitled A Celebration of Heroes, will open Wednesday after a short ceremony at 6 p.m. in the Eagle Building art gallery. Over 30 pieces will be featured, all carrying a general aviation theme. The exhibit will be on display through March 12.

Officers’ Spouses Club luncheon

The Officers’ Spouses Club luncheon will be Jan. 15 at the Officers’ Club. There will be a social at 10:15 a.m. followed by lunch at 11. A Longaberger representative will do a basket demonstration which will be used as door prizes for OSC members only. For reservations, call Nadine Moon at 929-5015.

Dr. Martin Luther King commemoration service

There will be a Dr. Martin Luther King commemoration service Jan. 16 at the base chapel, Building 769, at 11 a.m.

The guest speaker will be Rev. Dr. Jesse Truvillion, who delivered the memorial sermon for Dr. King at New York City’s Riverside Church, Easter Sunday, April 7, 1968. He currently pastors the Pilgrim Presbyterian Church in San Antonio, Texas, where he lives with his wife, retired Lt. Col. Jean Truvillion. Dr. Truvillion’s topic will be “Dr. King Lives”.

For more information, contact Mr. Dennis Hutson at 926-2821.

AFA recruiting kickoff meeting

The Air Force Association will be hosting its Recruiting kickoff meeting at 11 a.m. Jan. 23 at the Robins Conference Center. For more information, contact 2nd Lt. Christine Ladrado at 926-3015.

Officer’s Hail and Farewell

There will be a standup Officer’s Hail and Farewell, conducted by Maj. Gen. Donald J. Wetekam, Warner Robins Air Logistics Center commander, Jan. 23 at 4 p.m. at the Officers’ Club ballroom. Spouses are invited to attend the event and fellowship.

For additional information, contact Ms. Amy Daniel, WRALC/ENR, at 926-6451 or amy.daniel@robins.af.mil.

AFAS education grants

Spouses and dependent children of active duty and retired military members who are working toward undergraduate degrees have an opportunity to earn \$1,500 grants from the Air Force Aid Society. Eligible recipients may apply for the grants for the 2004-2005 school year now until March 12. The grants are for full-time undergraduates in colleges, universities or vocational or trade schools whose accreditation is approved by the U.S. Department of Education for participation in federal aid programs. A limited number of forms are available at the Family Support Center and also is available on the Air Force Aid Society’s Web page at www.afas.org. Follow the education link to the form.

OSI briefings

OSI will no longer provide country level 1, 2 or country specific briefings on Thursdays at 10 a.m. For further information or to schedule an appointment, contact your unit ATO representative.

Dental Assistant volunteers needed

The 78th Dental Squadron is currently seeking trained Red Cross Dental Assistant volunteers to join our dental team. Individuals interested in updating their technical skills or just looking to volunteer need to contact Master Sgt. Randy Wehrung at 327-8084.

Boy Scout Troop 220

Boy Scout Troop 220 meets every Tuesday night from 7 to 8:30 at 1082 Hawkinsville St. For more information, call Ms. Mary Pangborn at 929-5742 or Mr. Dennis Collier at 953-8124.

Girl Scouts leaders needed

Girl Scouts of Robins is in need of leaders and co-leaders. The troops meet on base. All interested persons should contact Alyson Dreer at 329-8099.

Robins Thrift Shop

The Robins Thrift Shop is taking donations on consignment. Everything from baby items to weight equipment can be sold. The shop is located on Page Road, Building 288, just inside gate 5. Store hours are 10 a.m. to 1 p.m. Wednesdays and Fridays, and the shop will be open Saturdays.

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AF logo authorized on jacket

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON – Air Force Uniform Board members have introduced a new addition to the lightweight blue jacket.

“The Air Force chief of staff approved adding the Air Force logo to the existing lightweight blue jacket,” said Senior Master Sgt. Jacqueline Dean of the Air Force Uniform Board.

All told, 300 jackets will be distributed Air Force-wide for wear testing, Sergeant Dean said. Board members are targeting Maxwell Air Force Base, Ala., as a distribution point because of its high number of temporary duty officers and enlisted airmen.

“Because the TDY members come from so many bases throughout the Air Force, giving them out at Maxwell allows us to reach a large audience in a short amount of time,” Sergeant Dean said.

Airmen receiving the jackets will wear test them and give feedback to the uniform board about fraying or other problems with the embroidery, Sergeant Dean said.

Anyone not issued an embroidered jacket can have the logo applied on their jacket by a local embroidery shop using certain guidelines, Sergeant Dean said.

The Air Force logo is to be embroidered in a polyester white meridian thread with a stiff tear-off backing, according to information provided by Libby Glade, Air Force clothing office chief. The total stitch count of the logo and lettering will be between 4,200 and 5,000 stitches.



U.S. Air Force photo by Master Sgt. Jim Varhegyi

WASHINGTON – Air Force Uniform Board members have introduced embroidering the Air Force logo onto the lightweight blue jacket as an optional wear item. The new addition will undergo a wear-testing period at Maxwell Air Force Base, Ala. Airmen can have the addition added to their jackets at any time by visiting an embroidery shop.

The symbol is to fit within a two-inch square. There is a one-fourth inch space between the symbol’s lowest point and the “U.S. AIR FORCE” type.

The “U.S. AIR FORCE” type is to be one-fourth of an inch high, 3.5 inches long, in all capital Arial font, 24 point.

The symbol is to be embroidered on the upper

left chest. The dot in the center of the symbol is centered vertically between the shoulder seam and where the underarm side seam joins the armhole sleeve, and centered horizontally between the zipper and the sleeve armhole seam.

Rank on the jacket continues to be worn on either the collar or the sleeve, Sergeant Dean said.

morgan
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Fourth-grader kicks it at the ‘dome’



Wimmer

By Ms. Sue Sapp
sue.sapp@robins.af.mil

Zachary Wimmer, a 9-year-old fourth grade student at Robins Elementary School, won the Atlanta Falcons Punt, Pass and Kick competition in his age group at the Georgia Dome Nov. 2 during the Falcon’s home game against the Philadelphia Eagles.

Zachary, competing in the boy’s

age 8-9 division, won with a combined total of 214 feet, 11 inches for his punt, pass and kick.

Each NFL team holds a PPK competition for children in its area. They then take the top four qualifiers in each age group to the national competition.

Although Zachary did not qualify for the national competition, he finished at a respectable 7th out of 32.

Please recycle

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